

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Ft Lauderdale Store, Florida Region

Whole Foods Market is excited to bring you Celebrating Your Choices, a series of shopping lists and information for those on special diets. We believe that food should bring pleasure along with good health, and these guides are intended as a resource to help everyone experience as many healthy, natural food choices as possible. Check out our website for more information about gluten and casein-free foods:

<http://www.wholefoodsmarket.com/specialdiets>

The information provided in this shoppers list is only a guide to help you identify products that may meet your dietary needs or preferences. It is not medical advice. We have included products on this list based only upon information provided by the manufacturer. In addition, while we are attempting to keep this information accurate and up to date, please be aware that ingredients in products may change from time to time. You should always read the actual product label before purchasing a product. Also note that there is no guarantee of the absence of cross-contamination in any product.

Baked Goods

Ener-G Foods

- Brown Rice Loaf
- Hi-Fiber Loaf
- Tapioca Loaf
- Light Brown Rice Loaf
- White Rice Loaf

Baking Needs

Arrowhead Mills

- Gluten Free Fudge Brownie Mix

Ener-G Foods

- Brown Rice Loaf Yeast Free
- Egg Replacer

Enjoy Life Foods

- Mini Chips

Hain

- Baking Powder

Bread

Ener-G Foods

- Brown Rice Loaf Yeast Free
- Hi-Fiber Loaf
- Light Brown Rice Loaf
- Brown Rice Loaf
- Tapioca Loaf
- White Rice Loaf

Candy and Chocolate

Enjoy Life

- Boom Choco Boom Dark Chocolate Bar
- Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar
- Boom Choco Boom Dairy-Free Rice Milk w/ Crispy Rice Chocolate Bar

Cereal

Arrowhead Mills

Arrowhead Mills (Cont'd)

- Organic Yellow Corn Grits
- Organic Maple Buckwheat Flakes
- Organic Rice & Shine Hot Cereal

Condiments

OrganicVille

- Original BBQ Sauce

Organicville

- Organic Ketchup
- Organic Dressing, Tarragon Dijon Vinaigrette
- Organic Tangy BBQ Sauce
- Organic Dressing, Non Dairy Ranch
- Organic Dressing, French
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Herbs de Provence Vinaigrette
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Dressing, Miso Ginger Vinaigrette

The Ginger People

- Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Enjoy Life

- Gluten Free Cocoa Loco Snack Bar

Enjoy Life Foods

- Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon
- Soft Baked Double Chocolate Brownie Cookies
- Soft Baked Gingerbread Spice Cookies
- Soft Baked Chocolate Chip Cookies

Glutino

- Blueberry Breakfast Bars

So Delicious

- Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

Purely Decadent

Purely Decadent Cookie Dough

Coconut Milk Mint Chip

So Delicious

Coconut Almond Minis

Organic Chocolate Velvet

Organic Creamy Vanilla

Chocolate Covered Vanilla Coconut Minis

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Organic Island Teriyaki

Frozen Foods

Ian's Natural Foods

Chicken Nuggets, Allergen Free

Purely Decadent

Purely Decadent Cookie Dough

Coconut Milk Mint Chip

So Delicious

Coconut Almond Minis

Peanut Butter Zigzag

Organic Creamy Vanilla

Chocolate Covered Vanilla Coconut Minis

Organic Chocolate Velvet

Coconut Milk Cookie Dough

Nutritional Supplements

Nature's Way Alive!

Vitamin C

Max Potency Multivitamin

Max Potency Multivitamin w/o Fe

Alive Cap

Max Potency Multivitamin w/o Fe

Max Potency Multivitamin w/o Fe

Max Potency Multivitamin

Rainbow Light

Super C 1000 60

Pain - Eze 30

Men'S One Multivitamin 30

Gummy Omegalicious 30

Prenatal One Multivitamin 90

Nutristart Multivitamin Powder 30

Prenatal One Multivitamin 150

Women'S One Multivitamin 30

Everyday Calcium With Enzymes 240

Rainbow Light (Cont'd)

Complete Iron System 60

Counter Attack 90

Just Once Multivitamin 120

Just Once Multivitamin 60

Gummy Power Sours 30

Counter Attack 30

Men'S One Multivitamin 150

Prenatal Petite Multivitamin 90

Calcium Citrate Mini Tabs 120

Food Based Calcium

Magnesium Calcium "+" 90

Magnesium Calcium "+" 180

Women'S One Multivitamin 90

Kid'S One Multistars 30

Active Senior Multivitamin 30

Active Senior Multivitamin 90

Prenatal One Multivitamin 30

Kid'S One Multistars 90

Food Based Calcium

Just Once Multivitamin 30

Men'S One Multivitamin 90

Everyday Calcium With Enzymes 120

Vitamin D 1,000 Iu Gummies 100

Active Health Teen Multivitamin 90

Women'S One Multivitamin 150

Vitamin D 400 Iu Gummies 60

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki

Organic Tangy BBQ Sauce

Organic Island Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baked Goods

Ener-G Foods

White Rice Loaf

Brown Rice Loaf

Light Brown Rice Loaf

Tapioca Loaf

Hi-Fiber Loaf

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Ener-G Foods

Brown Rice Loaf Yeast Free

Egg Replacer

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Bread

Ener-G Foods

Tapioca Loaf

White Rice Loaf

Brown Rice Loaf Yeast Free

Brown Rice Loaf

Light Brown Rice Loaf

Hi-Fiber Loaf

Candy and Chocolate

Enjoy Life

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

Boom Choco Boom Dairy-Free Rice Milk w/ Crispy Rice Chocolate Bar

Boom Choco Boom Dark Chocolate Bar

Cereal

Arrowhead Mills

Organic Maple Buckwheat Flakes

Organic Rice & Shine Hot Cereal

Organic Yellow Corn Grits

Condiments

OrganicVille

Original BBQ Sauce

Organicville

Organic Ketchup

Organic Dressing, Non Dairy Ranch

Organic Dressing, Tarragon Dijon Vinaigrette

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, French

Organic Tangy BBQ Sauce

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Enjoy Life

Gluten Free Cocoa Loco Snack Bar

Enjoy Life Foods

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Chocolate Chip Cookies

Soft Baked Gingerbread Spice Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Glutino

Blueberry Breakfast Bars

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

Purely Decadent

Purely Decadent Cookie Dough

Coconut Milk Mint Chip

So Delicious

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

Organic Chocolate Velvet

Organic Creamy Vanilla

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Ethnic Foods

Organicville

Organic Island Teriyaki

Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

Chicken Nuggets, Allergen Free

Purely Decadent

Purely Decadent Cookie Dough

Coconut Milk Mint Chip

So Delicious

Peanut Butter Zigzag

Organic Chocolate Velvet

Chocolate Covered Vanilla Coconut Minis

Organic Creamy Vanilla

Coconut Milk Cookie Dough

Coconut Almond Minis

Nutritional Supplements

Nature's Way Alive!

Max Potency Multivitamin w/o Fe

Vitamin C

Max Potency Multivitamin w/o Fe

Max Potency Multivitamin

Max Potency Multivitamin

Max Potency Multivitamin w/o Fe

Alive Cap

Rainbow Light

Food Based Calcium

Just Once Multivitamin 120

Active Senior Multivitamin 90

Active Health Teen Multivitamin 90

Just Once Multivitamin 30

Kid'S One Multistars 30

Men'S One Multivitamin 30

Gummy Power Sours 30

Calcium Citrate Mini Tabs 120

Women'S One Multivitamin 150

Active Senior Multivitamin 30

Rainbow Light (Cont'd)

Kid'S One Multistars 90
Counter Attack 30
Magnesium Calcium "+" 180
Pain - Eze 30
Vitamin D 400 Iu Gummies 60
Vitamin D 1,000 Iu Gummies 100
Prenatal Petite Multivitamin 90
Women'S One Multivitamin 90
Everyday Calcium With Enzymes 240
Super C 1000 60
Prenatal One Multivitamin 150
Men'S One Multivitamin 150
Counter Attack 90
Complete Iron System 60
Nutrstart Multivitamin Powder 30
Prenatal One Multivitamin 30
Women'S One Multivitamin 30
Prenatal One Multivitamin 90
Magnesium Calcium "+" 90
Just Once Multivitamin 60
Men'S One Multivitamin 90
Food Based Calcium
Everyday Calcium With Enzymes 120
Gummy Omegalicious 30

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Island Teriyaki
Organic Tangy BBQ Sauce
Organic Sesame Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baked Goods

Ener-G Foods

Tapioca Loaf
Hi-Fiber Loaf
White Rice Loaf
Light Brown Rice Loaf
Brown Rice Loaf

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Bread

Ener-G Foods

Ener-G Foods (Cont'd)

White Rice Loaf
Tapioca Loaf
Hi-Fiber Loaf
Brown Rice Loaf
Light Brown Rice Loaf

Candy and Chocolate

Enjoy Life

Boom Choco Boom Dark Chocolate Bar
Boom Choco Boom Dairy-Free Rice Milk w/ Crispy Rice Chocolate Bar
Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

Cereal

Arrowhead Mills

Organic Rice & Shine Hot Cereal
Organic Yellow Corn Grits
Organic Maple Buckwheat Flakes

Condiments

OrganicVille

Original BBQ Sauce

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Enjoy Life

Gluten Free Cocoa Loco Snack Bar

Enjoy Life Foods

Soft Baked Gingerbread Spice Cookies
Soft Baked Chocolate Chip Cookies
Soft Baked Double Chocolate Brownie Cookies
Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Glutino

Blueberry Breakfast Bars

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Organic Chocolate Velvet
Organic Creamy Vanilla
Chocolate Covered Vanilla Coconut Minis
Coconut Almond Minis

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Frozen Foods

Purely Decadent

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Organic Chocolate Velvet

Sauces/Salsas/Dips**OrganicVille**

Original BBQ Sauce

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce